

	My Personal, Social & Health learning – Cycle A					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS/Year1/ Year 2	<p><u>Families and relationships</u></p> <p>Family</p> <p>Friendships</p> <p>Families are different</p> <p>Other people's feelings</p> <p>Getting along with others</p> <p>Friendship problems</p> <p>Gender stereotypes</p>	<p><u>Health and wellbeing</u></p> <p>Understanding my feelings</p> <p>Relaxation – laughter and progressive muscle relaxation</p> <p>What am I like?</p> <p>Ready for bed?</p> <p>Hand washing and personal hygiene</p> <p>Sun safety</p> <p>Allergies</p> <p>People who help us stay healthy</p>	<p><u>Citizenship</u></p> <p>Rules</p> <p>Similar, yet different</p> <p>Belonging</p> <p>Job roles in the community</p> <p>Our school environment</p> <p>Our local environment</p>	<p><u>Economic wellbeing</u></p> <p>Money</p> <p>Needs and wants</p> <p>Looking after money</p> <p>Banks and building societies</p> <p>Jobs</p>	<p><u>Safety and the changing body</u></p> <p>Communicating with adults</p> <p>People who help to keep us safe in our local community</p> <p>Road safety</p> <p>Safety with medicines</p> <p>Making a call to the emergency services</p>	<p><u>Safety and the Changing body</u></p> <p>The difference between secrets and surprises</p> <p>Appropriate contact</p> <p>My private parts are private</p> <p>Personal boundaries</p> <p><u>Transition</u></p> <p>Sessions matched to the needs of the cohort</p>

PERSONAL, SOCIAL, HEALTH EDUCATION CURRICULUM FLOW

My Personal, Social & Health learning – Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3/4	<p><u>Families and relationships</u></p> <p>Friendship issues and bullying</p> <p>The effects of bullying and the responsibility of the bystander</p> <p>Stereotyping – gender</p> <p>Stereotyping – age/disability</p> <p>Healthy friendships – boundaries</p> <p>Learning who to trust</p> <p>Respecting differences</p> <p>Change and loss - bereavement</p>	<p><u>Health and wellbeing</u></p> <p>My healthy diary</p> <p>Diet and dental health</p> <p>Relaxation – stretches</p> <p>Wonderful me</p> <p>My superpowers</p> <p>Celebrating mistakes</p> <p>Communicating my feelings</p> <p>My happiness</p>	<p><u>Citizenship</u></p> <p>Recycling reusing</p> <p>Local communities, building and groups</p> <p>Local council and democracy</p> <p>Rules</p> <p>Rights of the child</p> <p>Human rights</p>	<p><u>Economic wellbeing</u></p> <p>Spending choices</p> <p>Budgeting</p> <p>Money and emotions</p> <p>Jobs and careers</p> <p>Jobs for me</p>	<p><u>Safety and the changing body</u></p> <p>Be kind online</p> <p>Cyberbullying</p> <p>Share aware</p> <p>Privacy and secrecy</p> <p>First Aid – bites and stings</p>	<p><u>Safety and the changing body</u></p> <p>Choices and influences</p> <p>Calling for help</p> <p>Growing up (Year 4)</p> <p><u>Transition</u></p> <p>Sessions matched to the needs of the cohort</p>

PERSONAL, SOCIAL, HEALTH EDUCATION CURRICULUM FLOW

My Personal, Social & Health learning – Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5/6	<p><u>Families and relationships</u></p> <p>Build a friend – what makes a good friend</p> <p>Respect</p> <p>Respecting myself</p> <p>Marriage</p> <p>Bullying</p> <p>Stereotyping</p> <p>Challenging stereotypes</p>	<p><u>Health and wellbeing</u></p> <p>Relaxation – yoga</p> <p>The importance of rest</p> <p>Embracing failure</p> <p>Going for goals</p> <p>Taking responsibility for my feelings</p> <p>Healthy meals</p> <p>Sun safety</p>	<p><u>Citizenship</u></p> <p>Breaking the law</p> <p>Prejudice and discrimination</p> <p>Protecting the planet</p> <p>Contributing to the community</p> <p>Rights and responsibilities</p> <p>Parliament and national democracy</p>	<p><u>Economic wellbeing</u></p> <p>Borrowing</p> <p>Income and expenditure</p> <p>Prioritising spending</p> <p>Risks with money</p> <p>Careers</p>	<p><u>Safety and the changing body</u></p> <p>Online friendships</p> <p>Staying safe online</p> <p>First aid – choking</p> <p>Alcohol</p> <p>Drugs, alcohol and tobacco: influences</p>	<p><u>Safety and the changing body</u></p> <p>Puberty</p> <p>Menstruation</p> <p>Conception</p> <p>Body image</p> <p><u>Transition</u></p> <p>Sessions matched to the needs of the cohort</p>

